

# **Boot Camp Substance Abuse Intervention Program**

## **Mission Statement**

The mission of the Twelve Step Intervention Program is to provide a comprehensive substance abuse education and recovery program for adolescents while they are residing at the Grayson County Boot Camp. The ultimate goal of the program is to prepare adolescents to recognize maladaptive behaviors and thinking patterns leading to substance abuse, manage relapse issues and to transition into outpatient treatment and/or community support services such as Alcoholics Anonymous or Narcotics Anonymous upon discharge from the Boot Camp.

## **Eligibility**

The following criteria are to be met:

- \*Aged 10-17
- \*Identified to have problems with substance abuse
- \*Willingness to work the substance abuse program while in Boot Camp.

**Participants may be identified as appropriate for Substance Abuse Intervention Program prior to admission to Boot Camp or after admission. Placement in the Twelve Step Intervention Program may occur in several ways including:**

- \*Identified need by supervising Juvenile Probation Officer at time of admission
- \*Request for group placement by the adolescent
- \*Request for group placement by the parent/guardian of the adolescent
- \*Identified need per psychological evaluation
- \*Referral per Boot Camp Staff

Adolescents who have been identified as having substance abuse issues will then be staffed by the Case Management Supervisor and the licensed chemical dependency counselors to establish eligibility and need for placement into group as well as the ability to benefit from participation in the group.

## **Treatment Providers**

The Grayson County Department of Juvenile Services contracts with two Licensed Professional Counselors to facilitate the Twelve Step Intervention Group for adolescents in the Boot Camp. Vitas for these professionals are attached.

## **Program Description**

The Twelve Step Intervention Program will focus on the Twelve Step Program of Alcoholics Anonymous as a foundation for the group. *How to Get Sober and Stay Sober (Hazelden Foundation)* will be given to each participant to use during their participation in the group and following discharge from the Boot Camp Program. Cognitive-Behavioral group therapy will be utilized to help adolescents work through personal and family issues that arise during the course of the Twelve Step Intervention Group.

Sessions will also include skills training in relapse prevention. All group participants will prepare a relapse prevention plan prior to completion of the Boot Camp Program.

To achieve graduation, the adolescent will be assessed based on their progress in the Boot Camp Program and their progress in the Twelve Step Intervention Group. Adolescents preparing for graduation will be expected to complete their relapse prevention plan and to be committed to on-going participation in out-patient treatment or community support groups such as Alcoholics Anonymous and/or Narcotics Anonymous, as well as any other programs as directed by supervising JPO's following discharge.

### **Treatment Protocol**

Adolescents will learn the Twelve Steps of AA and explore ways to utilize the Twelve Steps in their own lives in order to manage their substance abuse problems. Personal and family issues that arise through the Twelve Step Intervention will be addressed in group using cognitive/behavioral methods. Group members will identify the maladaptive patterns of thinking and behavior that contribute to addictive behaviors in their own lives, as well as those who surround them, and will use this information along with relapse prevention skills to prepare an individualized relapse prevention plan. As group members progress through the program, they will gradually develop leadership skills in helping newer members orient to group and address common substance abuse issues. This will introduce group members to the twelfth step, which suggests that participants carry the message on to others.

The substance abuse program clinicians work in partnership with the Boot Camp Staff to coordinate the adolescent's stay in Boot Camp, with the ultimate goal being that the adolescent not re-offend and will continue in recovery after discharge from the program.

## **Components of Treatment**

### **Group Therapy**

Two identical group treatment tracts will be available within the Boot Camp program. Each adolescent will participate in a weekly Twelve Step Intervention Group. Cognitive-Behavioral methods will also be utilized during this group as well as skills training for relapse prevention. The Twelve Step Intervention Group will be an open group and new adolescents may be admitted at any time, as space is available. Groups will be restricted to a maximum of eight adolescents. Group notes will be provided to the adolescent's case manager and retained in the adolescent's confidential file. Group members will be routinely informed about the use of their records and the limits of confidentiality so they can participate in group sessions being fully aware of how information about the group and group members will be managed.

### **Case Management**

Each adolescent will have a case manager who is responsible for coordinating the services provided to the adolescent and working with the adolescent, parent and/or legal guardian, juvenile probation officer, and the treatment team. The case manager provides case plans for adolescents on a bi-monthly basis in regard to their progress academically and behaviorally.

### **Treatment Team Meetings**

One or more of the group facilitators will participate in treatment team meetings as scheduled by the case manager. The treatment team will consist of the adolescent, the supervising juvenile probation officer, the assigned case manager, the Licensed Professional Counselor and the parent or legal guardian. The Licensed Professional Counselor will provide a formal progress report and the adolescent's case manager will document his progress.

### **Individual Therapy**

Adolescents in the Twelve Step Intervention Group will participate in one individual therapy session each month with one of the group facilitators for the purposes of further assessment, management of group orientation issues, and/or to assess progress. Individual sessions will be limited to strengthen the adolescent's commitment to the group process. Adolescents who appear to need additional counseling services will be identified during the treatment team meetings for follow-up.

### **Education**

It is a belief of the program that strong educational skills are a key to success. Educational needs will be provided by the Sherman Independent School District within the Boot Camp program. Teachers are state certified in their content mastery areas. All students will be Pre and Post tested to measure academic performance utilizing the STAR diagnostic instrument. Special Education Services are provided and each student requiring special education services will be provided an educational diagnostician.

### **Adjunct Therapy**

A multifaceted treatment approach is utilized. Any adolescents who may need on-going individual therapy will be brought to the attention of that adolescent's case manager for referral for individual treatment. This procedure will also be utilized for adolescents who may benefit from an evaluation for medication. Each adolescent will also benefit from participation in the Boot Camp Program, which includes:

- \*Substance Abuse Education
- \*Anger Management Classes
- \*Moral Recognition Therapy
- \*Physical Training
- \*Conflict resolution
- \*Sex Education
- \*Life Skills Classes
- \*Trauma Resolution

- \*Values
- \*Problem Solving
- \*Impulse Control
- \*Interpersonal Communication

### **Parent Involvement**

Parental support will be essential to adolescents who participate in the Twelve Step Intervention Group. An informational letter will be provided to each parent/guardian, which will contain suggestions as to how they can support their child in recovery. Parents are required to participate in Treatment Team Meetings as scheduled and discharge planning. Parents are required to work with supervising juvenile probation officers to locate and establish outpatient services for adolescents post discharge from Boot Camp.

### **Discharge Planning and Aftercare**

When it has been determined by the Boot Camp Staff and the Substance Abuse Treatment Provider that the adolescent has met the requirements for completion of the Boot Camp and the Substance Abuse Treatment program a final Treatment Team Meeting will be scheduled to address:

- Completion of individual counseling
- Completion of group counseling
- Completion of relapse prevention plan
- Met the Boot Camp requirements for graduation.
- Received discharge summary from therapist which will include recommendations for continued treatment
- Parent or legal guardian participation in treatment
- Completed furlough including attending AA/NA meeting in home community
- Provide list of AA/NA meetings in their home community

This meeting will consist of the same team members as assembled in the treatment team meetings. The adolescent's progress will be reviewed in the Boot Camp program and in the substance abuse treatment program. The Substance Abuse Treatment Provider will review the Relapse Prevention Plan and document and discuss their recommendations for the juvenile upon release from the Boot Camp. An exit interview will be conducted with the adolescent and a copy of the Aftercare Plan, including referrals for outpatient support, will be given to all parties present.

### **Unsuccessful Discharge**

In the event that the adolescent does not complete either the Boot Camp portion and/or the substance abuse treatment the following documentation will be provided:

- Discharge letter from the Substance Abuse Treatment Provider which includes the specific reasons the adolescent was unsuccessfully discharged from the Substance Abuse Intervention Program

- Summary of Stay from the adolescents case manager summarizing all aspects of the adolescents stay in the Boot Camp

**Summary**

The Twelve Step Intervention Group accepts participants in groups of eight from the population of the Boot Camp based on need and ability to benefit from the program. Through the use of Twelve Step Program, cognitive-behavioral interventions, the Boot Camp regime, case management, and family support, each adolescent will address substance abuse issues. Our goal is to assure that adolescents have an understanding of the process of recovery and relapse prevention, and are prepared to continue the recovery process in their home communities. An unwillingness to seriously and honestly consider the role substance abuse has played in their lives may result in pre-mature dismissal from the Twelve Step Intervention Group and possible related repercussions in the Boot Camp Program.